

DISEASES CAUSED BY CERTAIN HORMONAL DISORDERS IN UZBEKISTAN

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Abstract

During adolescence, our bodies undergo physiological and biological changes. Hormonal changes also begin during this period. The hormones FSH and LH, which are released from the pituitary gland, begin to stimulate the ovaries, and menstruation begins with the effect of female hormones on the lining of the uterus. In other words, a woman produces eggs every month.

Introduction

However, sometimes the natural balance between the brain, ovaries, and uterus can be disrupted, which is called hormonal imbalance. The following are common problems in women due to hormonal imbalances:

- Painful Menstruation (Dysmenorrhea)
- Late Menstruation (Amenorrhea)
- Polycystic Ovary Syndrome

Hormonal imbalance is a condition that affects many people and often leads to a variety of health problems. Hormones are chemical messengers produced by glands in the endocrine system that play a crucial role in regulating many bodily functions, including metabolism, growth, mood, and reproduction. When these hormones become out of balance, it can lead to significant physical and emotional disturbances. Understanding hormonal imbalance is essential to recognizing its symptoms, causes, and treatments, ultimately leading to better health outcomes.

Lifestyle choices and eating habits have a significant impact on hormonal health. Poor diet, lack of physical activity, and high stress levels can lead to hormonal imbalances. Diets high in processed foods, sugar, and unhealthy fats can lead to insulin resistance, while inadequate intake of essential nutrients can disrupt hormone production. Excessive alcohol consumption and smoking can also disrupt hormonal balance.

Key risk factors for hormonal imbalances

Age: Hormonal changes occur more frequently during puberty, pregnancy, and menopause.

Gender: Women are more likely to experience hormonal imbalances due to menstruation, pregnancy, and menopause.



Geographic location: Some regions may be more exposed to environmental toxins that can disrupt hormonal balance.

Underlying conditions: Conditions such as diabetes, obesity, and thyroid disease can increase your risk of hormonal imbalance.

Hormonal imbalances can present with a variety of symptoms, which can vary depending on the specific hormones involved. Common symptoms include:

- Fatigue: Persistent tiredness that doesn't improve with rest.
- Mood swings: Increased irritability, anxiety, or depression.
- Weight changes: Unexplained weight gain or loss.
- Sleep disturbances: Insomnia or excessive sleepiness.
- Menstrual cycle changes: Irregular periods, heavy bleeding, or missed periods in women.
- Hot flashes and night sweats: Common during menopause.
- Decreased libido: Decreased interest in sexual activity.
- Skin changes: Acne, dryness, or excessive hair growth (hirsutism).
- Digestive problems: Bloating, constipation, or diarrhea.

Some symptoms may indicate a more serious underlying condition that requires immediate medical attention, including:

- Severe headaches or migraines.
- Sudden changes in vision.
- Unexplained weight loss or gain.
- Persistent abdominal pain.
- Signs of severe depression or anxiety.

Prolactin (PRL) is a hormone that affects various processes in the human body. One of its main functions is to regulate lactation (milk production). At the same time, the prolactin hormone is one of the important factors affecting the reproductive health of women and men. The prolactin hormone is produced in the anterior pituitary gland and is distributed throughout the body through the blood.

Prolactin's best-known function is to regulate lactation, the production of breast milk. During pregnancy, prolactin levels rise, which helps to initiate the process of milk production in the mammary glands. After childbirth, prolactin levels remain high, which continues to produce breast milk. If a woman stops breastfeeding, prolactin levels fall and milk production stops. The hormone prolactin performs important functions in the body, and its deviation from the norm can lead to various health problems. In case of any changes, it is necessary to consult a doctor and start treatment. Adherence to a healthy lifestyle plays an important role in keeping prolactin levels in balance.

Progesterone is one of the main sex hormones in women, and its function is to regulate a number of important processes in the body. This hormone is produced in the female body mainly by the ovaries, more precisely, by the corpus luteum of the ovaries. Progesterone is also produced by the placenta during pregnancy. In men, this hormone is produced in small quantities by the adrenal glands.

The main role of progesterone is important in the female reproductive system, especially in the menstrual cycle and pregnancy. This hormone is necessary for the onset and continuation of pregnancy.



Progesterone deficiency can cause a number of symptoms in women:

- Irregular menstrual cycles: Menstruation may be late or very painful.
- Risk of miscarriage: Low progesterone levels in pregnant women can lead to premature miscarriage.
- Severe PMS (Premenstrual Syndrome): Low progesterone levels cause severe PMS symptoms in women, such as frequent mood swings, headaches, and breast tenderness.

Hypothyroidism literally means a condition in which the thyroid gland does not produce enough hormones. Due to the decrease or deficiency of hormones produced by the thyroid gland, which has many important functions in our body, our metabolism slows down and some health problems arise. Hypothyroidism is a disease that can be observed at almost any age and in both sexes. Hypothyroidism, which can cause serious problems if not diagnosed early and treated properly, is a condition that must be addressed for a healthy life.

Nowadays, there are many factors that affect human health. The most important of these factors is metabolism, which is the process by which our body produces energy, processes food and stores it. Insulin is a vital hormone that plays a vital role in this complex system. In this article, we will look at what insulin is, how it works and its effects on the body.

Insulin plays an important role in the healthy functioning of our body. Eating habits, physical activity, and genetic factors can affect insulin levels. It is important to produce and use insulin effectively in order to live a healthy life and balance your metabolism. Therefore, adopting a balanced diet and an active lifestyle will help to ensure optimal insulin function and a healthy metabolism.

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